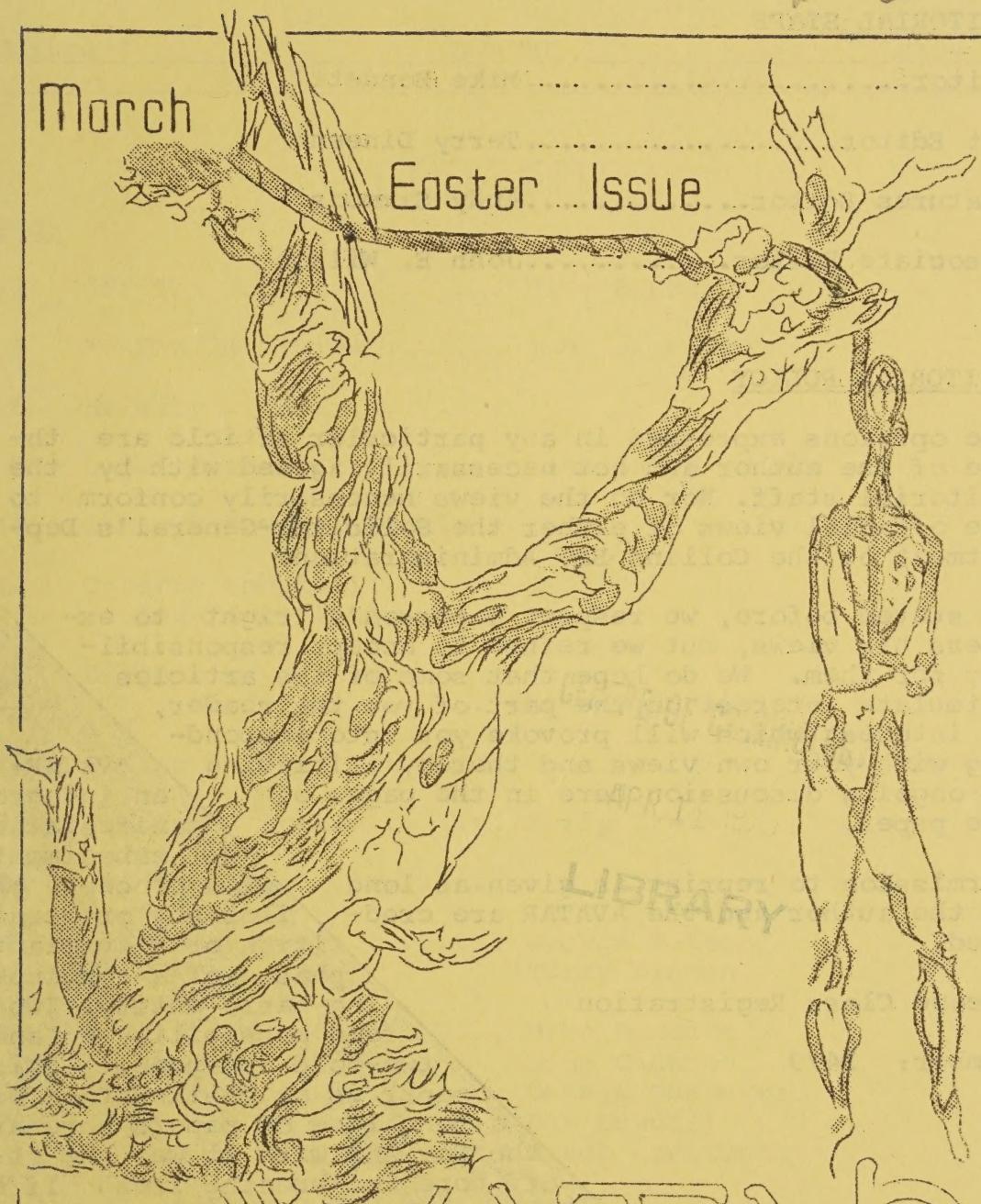


March

Easter Issue



LIBRARY

ONTO

EDITORIAL STAFF

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EDITORIAL POLICY

The opinions expressed in any particular article are those of the author and not necessarily agreed with by the editorial staff. Nor do the views necessarily conform to the official views of either the Solicitor-General's Department or the Collins Bay Administration.

As stated before, we respect a person's right to express his views, but we refuse to accept responsibility for them. We do hope that some of the articles stimulate interest on the part of you the reader, an interest which will provoke you into responding with your own views and thereby initiating an ongoing discussion here in the pages of the paper.

Permission to reprint is given as long as the author and the AVATAR are credited.

Second Class Registration

Number: 3479

AVATAR: an integral manifestation or embodiment of a concept, philosophy or tradition or a variant phase of a continuing basic entity. Two-fold possibility and two-fold purpose. This paper is a continuation of a long line of papers here at the Bay AND with it we, the staff hope to breathe fresh life into an old, but oft neglected philosophy - future oriented humanism. Yours in the struggle!

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OFF THE TOP

by Mike Bondett

Well, here it is another month, deadline time fast approaching, sloth rampant on a field of glee AND the last issue i will be filling the editor's chair. (If what you do can ever truthfully be called 'filling' a chair!)

Huh? Now that's enough out of you. Next thing i know all those nice people out there in Readerland will start taking your vile tapplings for gospel.

Sorry people. Every now and then the night demon who is my chronic companion forgets himself. Trouble with his short-term memory. As i was saying, this is my last issue due to the fact that those munificent potentates down there in Tulipland bestowed great honor(?) upon me. Yes! Yes, noble reader, none else but a day parole! Therefore and forever (hopefully) i will be leaving and new hands will prevail upon the typer.

From here on in George Watson will be taking over as editor of the AVATAR and in leaving everything in his lap i leave content AND

confident that the pages will continue to be filled with print, the paper mailed out full of topical trivia and caustic commentary on the penal scene.

With all these good things in the offing be sure to spread the word. What? Why, quite naturally the word is SUBSCRIBE!!!

Ah yes, and what of John Wilson you ask. Well, he is soon to embark on a short scenic tour of the Bath area, ending, for him, in a stay at dear old Hank's Tank. More on that further on in the paper.

All of which leaves the AVATAR in the throes of staffing since Terry is the only charter member of staff remaining - which is what he will be doing for the next few months at least. How does it feel to be a remainder Terry???

Having dealt with the farewells it is on to the future. Very near in this instance as it concerns what sort of things you can expect to read further on in the paper. Hope you haven't

been so lacking in foresight as to have begun your reading anywhere except here at the beginning for there are dire consequences to be paid for any so unwary as to leave the beginning till the end. Yes, dear reader, a potent curse has been laid upon the AVATAR - nothing personal you understand, but just in case.

Worried? Well, rest easy because my good nature won out and your only punishment is a mild form of negative re-inforcement. Namely, there is nothing left for you to read. But if you are one of the wise then read on and you will find:

- a column dealing with possible avenues of approaching certain injustices you encounter as a prisoner - avenues of a legal nature;

- in the interests of humane practices and topicality a short look at the subject of capital punishment;

- a brief tour of the activity circuit here at the Bay with the intentions of giving people some idea of just what is going on behind the high grey walls.

- personally i am a firm believer in the theory that people need to learn basic survival skills in order to remain out of jail. While such skills can assume a rather broad range and some diametrically-opposed orientations the one we have chosen to deal with this month is OHIP - even provided dotted lines so that you can tear out and save that particular section in the event you don't wish to keep the entire issue.

- in the interests of entertaining reading rather than educational we have the monthly crossword and the poetry and prose sections;

AND MORE.....

In closing all i can say is it's been a pleasure working on the paper. Peace!

AVATAR Interview

john e. wilson

This will be the last opportunity I have to do the interview format, for as Mike mentioned in "Off The Top", I'm about to register at the "Harold Ballard Spa".

We had anticipations of interviewing Marty Silverstein, as well as the Chairman of the Inmate Committee Al Gauld, however, we no longer have a Soc. Development Officer here at "Disneyland" and now Mr. Silverstein holds down the act of a Classification Officer over at Joyceville.

Without further babbling I'll get along with the interview, for I feel it has some excellent insights to pass along. Read on

Q) "Al, as Chairman of the Inmate Committee, what progress do you feel has been accomplished over the past few months?"

A) "Well, there are times when you feel that absolutely nothing is working & progress is non existent. Actually, as far as improving things "inside" the on-

ly way to go is up. And that is what this Committee has done. At no time have we taken a step backwards although we have been brought to a grinding halt a couple of times temporarily I feel that we have been very successful."

Q) "In relation to the Boycott, what can you pass along to the readers, in what the purpose of this effort was, and what did it achieve?"

A) "The purpose of the boycott was to bring attention to the poor pay situation in jail. The brief was supposed to inform all those, who would help us get some more money. The boycott was successful in that we got it started and completed by our own endeavours. That to me is worth as much as a pay hike since inmates are scandalously known for their lack of unity and the failure rate of inmate programs. Of Course, we still have no money."

Q) "As a fellow Committee member, do you agree that

in fact the Committee has had to work in a vacuum, so to speak, between the Administration and the Population?"

A)"I wouldn't call it a vacuum but I have noticed that there are a few people on both sides who simply do not trust you. 'You are an inmate, obviously a manipulator, and I refuse to believe or even listen to you,' kind of thing or 'they must be in league with the "front", why else would he be up there?' Actually, I like the job, I like hassling. It's good mental exercise and keeps you from going stale."

Q)"What would you like to see the Committee achieve, in ways of bettering the Inmate's situation?"

A)"The Committee should be permitted some responsibilities. They should have some say in the operation of this community. We do as inmates, have quite a bit to do with entertainment & sports and how we divide up our recreation time, but, what about our work and what about allowing people to pursue their creative abilities. Most of us are only here for a short while so 'their' stifling and regimentation are wasted anyway.

Want. on page 19

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BRIEFLY

The first weekend in March saw a number of firsts for the Bay in the way of new activities.

Saturday, Mar. 1 was the beginning of yoga classes and about 50 people were in attendance during the two hour period conducted by Narresh Seth. He is instructing people in the discipline of Hatha Yoga (physical exercises) and also taking time to discuss the underlying philosophy of Yoga which goes far beyond the mere physical aspects of the science which is what Yoga means to many Western minds.

These classes are still continuing and the interest rate is high.

Sunday, Mar. 2nd marked the beginning of the combined radio and musical workshops which were initially thought of by Jane Forner who is a music producer with CBC Ottawa.

Ms. Forner is personally conducting the radio workshops and is primarily training people in techniques necessary for preparing

radio documentaries - from initial scripting through recording, mixing, editing, packaging and through to a final mix.

For the musical workshops she has found a number of groups willing to volunteer time and energy to come to the Bay, spend time working with the musicians here and then doing a one hour concert for the entire population. Up to now there have been some organizational problems with the workshops which have led to either an extremely short working period or none at all, but recognizing the problems means it is possible to rectify them.

The first week say the group, Badly Bent, from Ottawa put on a show which was enjoyed by those who attended

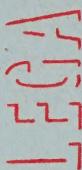
March 9th was the second time for both activities. Again Jane ran the radio workshop, along with some people who brought with her. The Cooper Brothers, who are on Polydor Records, played in the gym from 3 to 4 and put on an entertaining and musically tight show concentrating on original material.

A debate was held in the gym on the evening of March 6th regarding the Canteen boycott which was in progress at this institution. (More on page 10)

Another favorable court decision - this time in the case of Roger Spice who won a ruling that the statutory remission or 'good time' a person receives on his sentence cannot be taken from him upon revocation of his parole. Also, when a person is returned for parole violation he is entitled to statutory remission on all the time he has to serve due to the revocation. You must have been sentenced before August '69 to benefit. This ruling applies to anyone who is paroled, regardless of whether or not they were paroled before or after August 1969. Good news, as it means that a large number of prisoners may be able to get time back - be it one or twenty months.

Anyone who has had their parole revoked and feels they have lost too much good time should get all the details together and contact Al Gauld, Committee Chairman. He can then pass on the information to the appropriate people.

CORNER



by john david prince

Last month I wrote about the 'hands-off' doctrine applied to the prisoner who applies to the court for remedy. Nowadays the Canadian courts are beginning to see the need for investigating the complaints of prisoners. The deepest penetration into prisoner's problems has been the recent Supreme Court decisions regarding paroles - the Marcotte case being but one.

In the United States the hands-off doctrine has been severely attacked by prisoners entering writs which have forced the courts to concern themselves with constitutional matters which violate the rights of the person. This is not entirely the case in Canada, but the court did outline to McCaud and Green the guidelines upon which the court would entertain prisoners complaints.

One approach which it seems might be beneficial when making application to the

court is the usage of the phrase, "cruel and unusual punishment" - para. 2 (b), Bill of Rights. This approach, in a number of instances, has caused the death penalty to be thwarted in the United States. There are a couple of areas where it has failed; one being where an Oklahoma jury convicted a negro of rape and he was sentenced to 1,000 years. Upon appeal the court ruled it was not cruel and inhuman, but in fact was ONLY a life sentence and indicated society's outrage! In another case, segregated prisoners appealed the treatment they were receiving in a "special housing unit" and the court ruled that since they were receiving newspapers, showers, meals and had not lost their grading of prison pay they were not being treated cruelly or inhumanely.

In my opinion, the argument for the prisoner to present when making an application to the court about the method of treatment he is receiving is to refer to the Bill of Rights, para. 1 (a): "The right of the individual to life, liberty...." forms the basis for the right to personal health, which, in turn, ought to incorporate

the person's bodily integrity. The prisoner should have a right to protection from the authority which debases him.

I am not about to suggest that prisoners across the country begin making indiscriminate applications to the Federal Court of Canada for protection against cruel and unusual punishment, mainly for two reasons: 1) the court is not yet overly sympathetic to prisoners, so a submission would probably fail on this alone; 2) the Bill of Rights has only one favorable decision (Drybones, 1961) and thus offers no real precedent for the court. A possible third reason I can offer is that the author's thoughts may not be worth the paper they are written on.

An area receiving a great deal of attention in the American prisons is that of medical practice(s) - both hospital and dental procedures. A few prisoners have submitted writs to the court seeking redress for instances of malpractice. The courts have listened attentively and in some cases

have ordered certain changes in the prison hospital routine because of the right to treatment - treatment which does not internalize "cruel and unusual punishment". The issues raised were the availability of treatment, qualification of male nurses and how many patients a doctor sees in a day. Interestingly enough, the court ruled that the hospital must supply a dispensary where prisoners could receive non-prescription medication. I can think of some prisons where this is impossible.

By the way, I am not attacking prison hospitals, but merely illustrating the potential use that the principle of "cruel and unusual punishment" when used in gauging the efficacy of programs - treatment or otherwise - can have on the prison system.

I will close this month by passing on my dream. A dream that someday prisoners will have a Bill of Rights which will protect them from cruel and unusual punishment/treatment. Hopefully before 1984?!

CANTEEN BOYCOTT DEBATE

About two hundred people appeared in the gym at 9:30 p.m. Thursday, March 6 in order to participate, or at least listen to the debate held regarding the canteen boycott. The boycott had been in operation for six weeks at that time.

To open the debate Al Gauld the Committee Chairman gave a brief rundown on the contents of the brief the Committee had prepared and mailed to a number of people - Committee's at other institutions included. Apparently the administration's at these prisons were unable to decide what to do with them and it seems unlikely they reached the places they were destined for. Al said he felt that the main benefit gained from the boycott was the demonstration it made of the unity inmates are capable of and all without resorting to anything which could be considered aggressive actions.

Andy Simmons, who did much of the ground work and typ-

ing on the brief took over the microphone and explained just what response had come from people - both the organizations and political figures and the people from Regional Stores. Basically what came out was the fact Stores have no control over proces and while most of the political people expressed support they didn't have much to offer.

Mr. Weir, A/D (Soc.), attended to represent the Administration here and he stated they fully supported requests for a pay raise and had done so in writing. He briefly outlined some things which were in the works - like, a commissary being set up here, however, there is a problem with staffing at present. Along with supporting the request for a pay raise the administration had suggested the implementation of a sliding scale, which would let inmate pay be adjusted in line with inflation in the outside world.

ONTARIO

HEALTH

INSURANCE



O
H
I
P

NON-GROUP ENROLLMENT

In this age of the Welfare State it seems only appropriate that one should let the government lend a hand in paying for medical treatment. An excellent way of doing so is by taking advantage of the Ontario Health Insurance Plan - OHIP for short.

This can prove of particular benefit to inmates upon release because with the monies a person leaves an institution with, any medical treatment, in view of doctor's fees and prescription costs is certainly beyond, ones means. However,

by merely taking the time to acquire, fill out and mail a form (or two if you apply for premium assistance) in to the proper government department you can insure that 90% of the majority of medical fees are paid for you. This can be a real help if perchance you become involved in some form of accident or fall seriously ill shortly after release.

THE PLAN: Ontario Health Insurance is a comprehensive Government-sponsored plan of health insurance for the people of Ontario. It provides a wide scope of benefits for medical and hospital services plus additional benefits

for the services of certain health practitioners. This is the only plan of basic health insurance available to Ontario residents and all residents are entitled to participate.

The Plan pays for hospital care which is medically necessary for a patient's treatment in a public ward of an approved hospital. It also covers a wide range of hospital out-patient services plus some medically prescribed physiotherapy in private non-hospital facilities approved by the Commission.

Ambulance service is partially covered by the Plan, but the insured person is required to pay a small portion of the cost.

Benefits cover medically--necessary physician's services received at home, in a doctor's office or in hospital. Also, specified dental surgery performed in hospital is covered - again up to 90% of the Ontario Dental Association fees. Eye examinations are covered to a degree as are a number of other services. The Plan covers persons if they happen to become ill when out of the province or if there is a need to go out of province to obtain

treatment.

SERVICES NOT COVERED

Here is where the trick comes in because there are a number of areas which are not covered or which receive only minimal coverage. Among these are any hospital charges for private or semi - private rooms and hospital visits solely for the administration of drugs. Eyeglasses, special appliances, private duty nursing fees, transportation charges other than approved ambulance service, medical examinations required for employment applications, any drugs, vaccines, biological serums or extract's, etc.

As you can see there are a number of instances where OHIP will not cover you. This is only a partial list and more complete details are available on request. However, those services which are covered can save a person a substantial amount of green energy and better safe than

sorry sounds like an excellent adage where OHIP is concerned.

Welfare State notwithstanding the service isn't free. The premiums are \$11.00 per month for the single person and \$22.00 per month for the family. Pay - Direct participants, however, pay quarterly i.e., \$33.00 single and \$66.00 family every three months.

Pay-Direct status is what most recently released inmates would be classed as due to the fact they are not employed with a firm that deducts the OHIP premiums from a persons' pay cheque.

Don't despair though because now we come to the good part --PREMIUM ASSISTANCE - which simply means that the government will defray

initial costs for those who have had a taxable income of under \$1,000 if single and under \$2,000 as a family. Certainly sounds like a possibility that inmates will fill these requirements what with the wages currently paid them.

Anyway, you should obtain the OHIP forms from your Classification Officer before your release date and be sure to complete and mail them in, either just before release or else within ten days of your release date. There really isn't much sense in incurring large medical bills when it is possible, by merely mailing in some forms, to allay all or the greater majority of the cost.

Any further information you may desire can be obtained from your C.O. - along with the forms...Don't forget the forms! - Or else you can write directly to the people responsible for OHIP at:

ONTARIO HEALTH INSURANCE COMMISSION
295 Yonge Street
Toronto 295, Ontario.

(Tel. 482-III)

MR.
SECRETARY,
WOULD
YOU STATE
THE PHILO-
SOPHY
BEHIND
OUR
PRESENT
FOREIGN
POLICY?

WE
BELIEVE
IN
ORDER



THEN
WHY DO
WE
FINANCE
THE OVER-
THROW OF
CERTAIN
FOREIGN
GOVERN-
MENTS?

THEY ARE
NOT
ORDERLY



WHY DO
WE
SUPPORT
MILITARY
JUNTAS?

JUNTAS
ARE
ORDERLY



WHY DON'T
WE PROTEST
THE IM
PRISONMENT
OF THE
POLITICAL
OPPOSITION
IN SOUTH
VIETNAM,
SOUTH KOREA,
AND CHILE?

POLITICAL
OPPOSITION
IS NOT
ORDERLY



WHY
DON'T
WE
PROTEST
THE USE
OF
TORTURE
IN OUR
CLIENT
STATES?

WE PERIODICALLY
INSPECT ALL TORTURE
TO MAKE SURE IT IS
ORDERLY. NEATNESS
COUNTS.



MR. SECRETARY,
YOUR POLICIES
HAVE BEEN
CRITICIZED AS
UNDEMOCRATIC
AND INHUMANE.
HOW DO YOU
REFUTE
THESE
CHARGES?

WITH
WIT
AND
CHARM



Diagnosis: Murderer

Rx: Murder

by Mike Bondett

This isn't a topic i want to get hung-up on, but it certainly merits some attention. Serious attention, calmly reasoned and without recourse to purely emotional polemic.

"...national
anathema..."

Capital punishment - hanging as practiced in Canada - seems to me a practice which few people can seriously maintain is a good thing in and of itself. About the only claim those who advocate retention of the death penalty can make use of in the end is that it is necessary for the protection of society. If this were a valid argument it would then be a strong support for keeping the de-

ath penalty, but retentionists have never been able to offer concrete proof that capital punishment is a deterrent.

Any nation who, with the evidence of history to base judgements on, continues to use capital punishment as the ultimate sanction should also be prepared to incorporate the keenings of their victims into an obscene obbligato which would serve as a fitting symbol, in the eyes of humanity, to signify their 'national anathema'.

As for the 'protection of society', history has taught us the following:

"It is important to realize that this same plea about the protection of society was invariably used to justify the infliction of all the

barbarous punishments of the past, for offenses many of which were so trivial that magistrates would dismiss them today with a fine. Experience has shown that the discontinuance of these terrible penalties was accompanied by none of the evil consequences which their champions foretold, yet they were always justified 'in order to protect society'." (R. Calvert, p3-4; 1927)

One of the first significant executions for crime was that of Jesus Christ and we all know the effects and after-effects of that. While his 'crime' was of a far different nature than that of someone who takes the life of another person the efficacy of the punishment should be apparent.

Since murder is a complex sociological event rather than a simple response which can be controlled by the deterrent influence of the death penalty, one must judge the act of murder in the light of this: Murder, by a citizen-offender, should be viewed, in light of current socio-psychological knowledge, and regardless

of the magnitude of the crime or the status of the victim, as a social statement, commenting on a social ill. In similar fashion the enactment of the death penalty is a statement to the effect that, like Pilate, the society, as a collective individual, is washing their hands of the question of personal guilt, for State executions, with the accompanying moral responsibility, thus turning over the decision (and personal responsibility - so they feel) to the State, to reach and render a decision, in accordance with the mandate handed down by the majority.

The major fallacy here is that government policy, the law of the land, is not truly decreed by the 'silent majority' but is largely brought about by a virulent and 'vocal minority' who expend great energy over long periods of time in attempts to convince 'society' and the government, that an abhorrent problem haunts the land and no effort should be spared to eradicate all traces of the problem - by their reasoning (?) simply by annihilating those symptoms - the murderer in this instance - which come to the attention of the harbingers of justice -- the

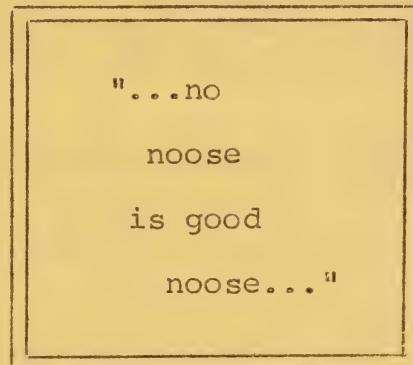
courts. And so it goes.

Even straining my imagination i can't picture anyone who considers the reality of the death penalty from a personal viewpoint who would be in favor of execution for those who commit murder. What about all those 'nice citizens' who flood the editorial pages of the newspapers and bury the desks of thier MP's under a deluge of irate letters, you ask? Can't you imagine people of that sort being in favor of capital punishment?

Not really. Not if you ask them to consider it if they were the offender faced with execution - or if it were their wife, son, or daughter. Then it strikes very close to home and I feel that is how it must be judged and not in light of the old adage 'it can't happen to me' because it can. This has been proven often enough in newspaper headlines which make public the astonishment of relatives and close friends when murder is committed by someone previously felt to be a perfect 'Polly Pureheart'. How many times have you heard - "but he was such a nice, kind and gentle person"?

Murder, in the main, is not committed as a cold blooded

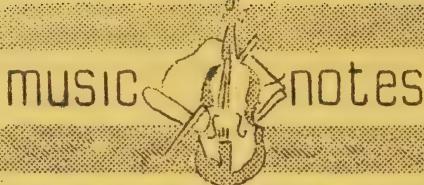
act, but rather in a moment of passion or non-reasoning emotion and this fact, backed up with empirical and statistical data, makes obvious the futility of the death penalty, as a deterrent, either to others or to the person who commits murder. Others, because there is no person who can realistically conceive of



his her own death and thus those who may commit murder do so with the feeling that they won't be caught. As for deterring a convicted and condemned murderer Clinton Duffy had this to say: "I hate the death penalty because it is not the deterrent to crime that its advocates claim... I have yet to meet the man who let the thought of the gas chamber stop him from committing murder."

In the end we are left with the realization that capital punishment is wrong and should agree that no noose is good noose.

WORKSHOP!!



As mentioned elsewhere in the paper, Jane Forner, a music producer with CBC Ottawa, has thought of and initiated the operation of workshops in both radio techniques and music here at the Bay each Sunday afternoon. The musical work-

shops finish up with a one hour concert for the entire population.

With a view towards informing people of who is coming in future here is a list - tentative - of the upcoming performers:

April 6: MUSKRAT RAMBLERS (dixieland)

- this group contains musicians who play: clarinet, saxophone, trumpet, trombone, bass, drums and piano.

April 13: STEVE GROVES (guitarist/folk singer)

- Steve has some people coming to back him but at present there is no information as to what instruments they play.

April 20: PETER CHAPIN

- Peter has been here before - a few years back with some folk people from Ottawa and more recently as the electric piano player with the Cliff Edwards group. Instruments listed are piano, banjo and guitar. Apparently he is coming alone, but rest assured he is proficient on all these instruments and is one hell of a performer besides.

April 27: GREG FORBES (folk singer/composer)

- Greg will be conducting a workshop in song writing techniques before concert time.

Jail is a waste of our time and Joe Citizen's tax dollars."

Q) "Can you pass along the way in which the Grievance format was corrected?"

A) "Now that was interesting. The 'front' tried a fast one by slipping in a new form for handling complaints. There was no provision for the quick despatch of inmates problems as there is with the Grievance Forms. They would have gotten hung up in all sorts of places and the inmate would never get an answer. Anyway, the Committee wrote to the Commissioner and the complaint forms were subsequently withdrawn."

Q) "What progress has been made in relation to the population adopting a Foster Child?"

A) "The proposal is on the Agenda - February's, I might add - and though everybody agrees it has not been formally discussed. The Foster Parent people have written us twice since our first inquiry wondering what the hold up is."

Q) "How have you found the population as far as supporting the Committee?"

A) "Generally prison populations are apathetic. Naturally most people don't like it here and want to have as little to do with it as possible. Its a common enough feeling. But apathy does not bring change. I was impressed by the population support for the boycott. Personal denial like that & in such large numbers in a situation where you are already deprived says something about inmates."

Q) "Do you feel the Administration has been neglecting the Committee, as far as holding the monthly meetings, and passing along pertinent data, ie: monthly statements of the Inmate Trust Fund?"

A) "The Administration has not been holding it's end as far as the Agenda meetings go. These meetings are usually not very productive anyway. There are always items to be 'looked into' or reserved decisions on matters. Usually by the time the meeting comes we have 1/3 of the items dealt with another 1/3 is covered at the meetings and the final 1/3 are "looked" into" after the meeting or go on the next Agenda. The Welfare Fund Statement was a long time coming but we event-

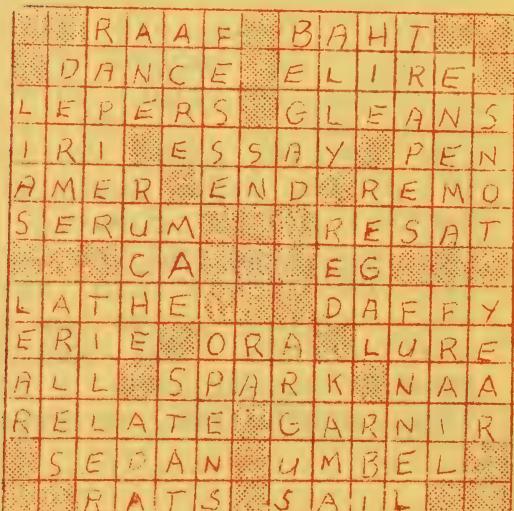
CROSSWORD

by Kelly Irwin

ACROSS

- I) Distributes Cards
- 6) Leaves in a rush (slang).
- II) Chaste
- I2) Struggles
- I4) Flee
- I5) Town Near Kitchener Ont.
- I6) Coarse Sugar (E. Indian).
- I7) Extra Sensory Perception (abbr.).
- I9) Hit
- 20) Southern Dakota Railway (abbr.).
- 2I) Ape Like
- 23) Ear (Fr.)
- 24) Lukewarm
- 26) Browned Bread
- 28) Finished
- 30) Idle Fancy
- 33) Boat Bottoms
- 37) Female Fowl
- 38) Adores
- 40) Expose To Moisture
- 4I) Arched Recess
- 43) Native of Mexico (abbr.).
- 44) Rant
- 45) Fends
- 47) Done With My Eyes. (Three words).
- 49) Indian God
- 50) Vend (2 Words).
- 5I) Little Hollows.
- 52) Parts Of The Universe.

February Crossword



DOWN

- I) Sadist Marquis -- (2 Words).
- 2) Steep Slope
- 3) Credit Rating (2 words, Slang).
- 4) One Circuit
- 5) Slumber
- 6) Second Hand Son
- 7) Central Hockey League (abbr.).
- 8) Certain Appendages
- 9) Mode Of Dressing
- I0) Cape-Like Garment
- II) Russian Mile
- I3) Savoury

(20)

18) Locate
 21) Boy Scout Duty (2 Wds.).
 22) Mangles
 25) International Drug
 Merchants (abbr.).
 27) Saint (abbr.).
 30) Gorge
 31) Group Of Seven
 32) Mad

34) Rubber
 35) Carpenter's Tool
 36) Building Material
 39) Ways Out
 42) Wicked
 44) Woman's Name
 46) Estimated Time Of Land-
 ing (abbr.).
 48) Marriage Portion.

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	51						52					

(ZNS) Ice cream used to be one of the most nutritious pleasure foods you could buy. Gone are the days of the healthy ice cream cone. Most ice cream today is artificially flavored, colored and preserved with all sorts of insidious chemicals.

If you like vanilla, take note. In most cases, the vanilla extract has been replaced by "piperonal." Piperonal is a benzine derivative and a strong evil smelling substance used by exterminators for destroying lice.

Another chemical found in ice cream is benzyl acetate used in place of real strawberries. Benzyl acetate is a chemical employed by the motion picture industry as one of the ingredients in the cement used to splice film.

"Pineapple" these days is quite likely to be ethyl acetate, a cleaner used on leather and textiles.

Instead of using eggs to emulsify the batter, ice cream factories now use diethyl glucol. This is a chemical which is used in an-

ti-freeze and some paint removers.

(ZNS) Data Data

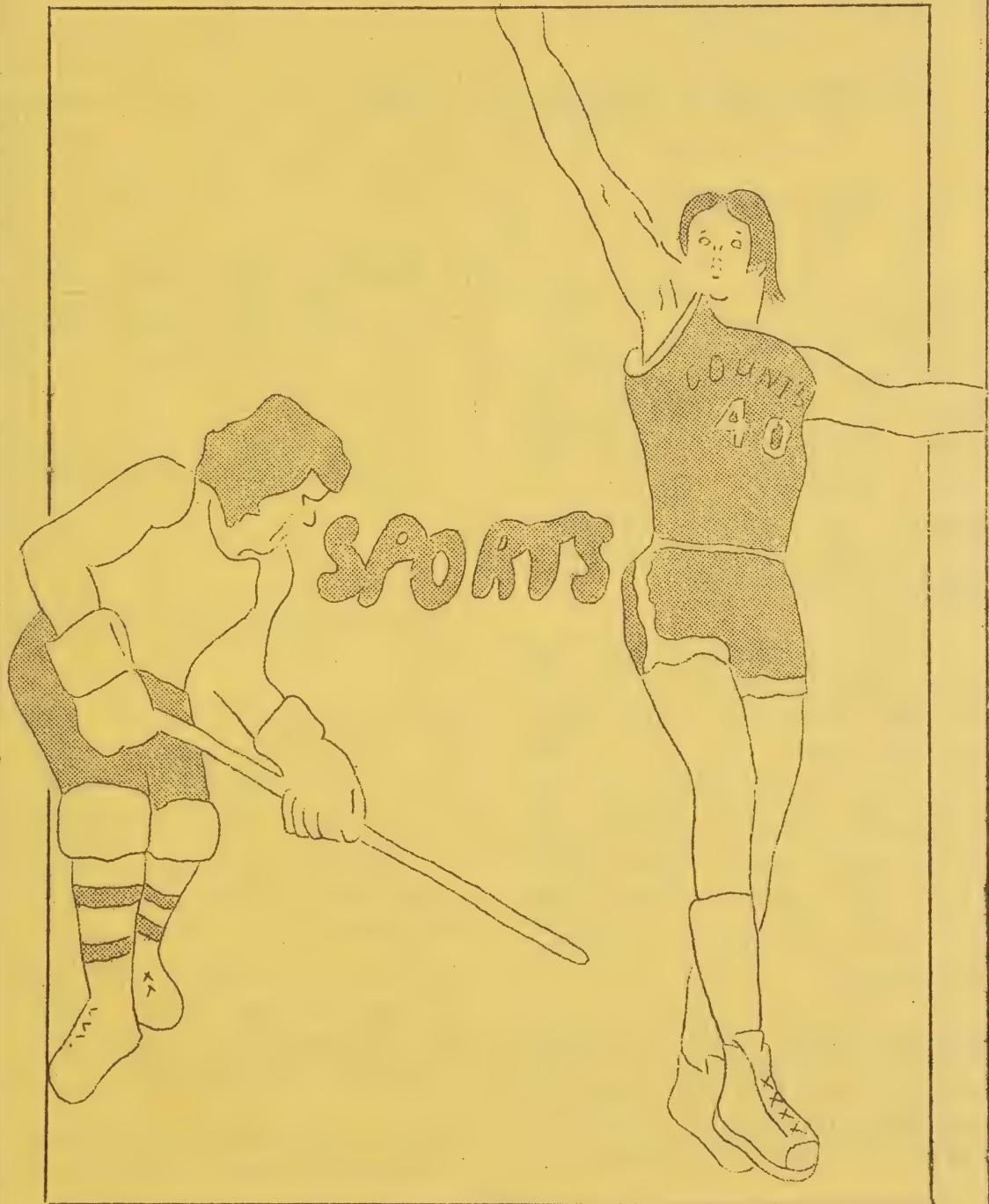
Computers have become so numerous that an Illinois University professor, Martha Williams, is proposing a data bank on data banks.

(Baltimore Sun)
Bad Skates

Twenty-odd young persons surrounded a cab in Baltimore, took the driver's watch and \$45 and disappeared up the street on their roller skates. In another robbery in the city, two young men took two cases of vodka worth \$112.90 from a delivery truck and skated away unscathed.

(Great Falls - Mont. - Tribune)
Murder Most Foul

Arthur W. Sedlack, a technician at Walton Ranger Station in Glacier National Park, shot a trespassing snowmobile to death with a .38 pistol. He put a slug into the engine compartment of the machine being driven by Ed. J. Peterson of Great Falls, Mont., on a road closed to that sort of vehicle.



FLOOR HOCKEY

Cadet Pre-Game Calisthetics

Impressive...

by terry dineen

The Fourth Squadron at RMC decided Floor Hockey was a game they should try their hands at. Unfortunately, in their first outing, they met floor-hockey's equivalent of the Montreal Canadians, namely, our Collins Bay All Stars, and the outcome was somewhat lopsided, to say the least.

The All Star's display of power and finesse stunned the RMC contingent and they had to leave the CB gym with two points (one more than they scored) firmly imprinted in their minds: one, they still have a great deal to learn about the game and, two, that we at the Bay take our floor-hockey seriously.

Anyway, we'd like to send out our thanks to RMC for coming into the Bay, and if and when they care to visit again - they're welcome.

VOLLEYBALL

(see floor hockey headline)

RMC's volleyball team did not fare any better than their floor hockey counterparts, although they weren't drubbed quite so soundly. The Military College lost by scores of 15-0, 15-0, and 15-1.

All in all it was a bad day for the Cadets, but, damn, they did perform those Calisthetics faultlessly!

Floor Hockey cannabis fly high

Cannabis, led by their high scoring forward line of Rick Gough, Gary Blacklock, and Greg Hughes, along with the defensive pair of Gary Barnes and John Gladue, won the CB Floor Hockey Championship by defeating the Maple Leafs four games to one in the finals.

Cannabis entered the finals after winning three straight games from the league-leading Canadians in the semi-finals.

In the other semi-final match-up, the Maple Leafs led by Ron Tweedale and Stan Clooney defeated the Sabres three games to none.

Congratulations

Congratulations to manager Al Gauld and his champion Cannabis and to all of the floor hockey players who provided most of the entertainment throughout the winter months.

Manager Required.

A manager is required for the Saints, the institution's baseball team.

Anyone who feels that they are qualified, please submit your name to any Committee member.

Candidates should submit their names immediately.

Sports Recognition Day

Sat. April 12th

The award presentations for inmates involved in volleyball, basketball and floor-hockey will be held from 1300 hours to 1900 hours (That's 1 pm till 7 pm for those of us who go by the logical time, - excuse me, George says that should read "regular" time...) in the gym.

This will be the major award presentation for winter activities and invited guests of inmates will be attending.

FLOOR HOCKEY

TOP TEN SCORERS OF THE SEASON

Player	G.	A.	Pts.
Elijah	179	41	220
Gough	142	74	216
Blacklock	109	60	169
Clooney	80	71	151
Hockin	80	71	151
Gagne	III	33	144
Harper	80	57	137
Bakalis	44	48	92
Gladu	57	32	89
Pressey	42	38	80

BASKETBALL

Counts Lose to 'Pie'

March 6

Humble Pie defeated the Collins Bay Counts to advance into the City Basketball Play-Offs. Collins Bay finished the season in 3rd place in the West Division.

Speaking for all the members of the inmate team, I would like to express my thanks to the population for their support of the CB Counts throughout the season.

'Next year' we hope to not only clinch a play-off spot, but to win them!

Thanks again.

POETRY
AND
PROSE

FORGIVE THEM FATHER
FOR THEY KNOW NOT WHAT THEY DO:

MIKE

and the band played on
reaching for
ever
on a single note,
while below
the bottom and above
the top
- in the space between
stalked
the waiting horde
with their
vampirish need -
anticipation -
but droolish faecets
of Moloch's crasstal;
fecundly sterile
silence filled all space
and oh

OHM

the look on the Avatar's face
echoes
through the universe
speaks naught of curse -
but blessed verse;
sony of the ages,
reassures, reaffirms -
with simple majesty,
that holistic mandate
which -
once uttered
holds true
for all time:

Forgive them father,
for they know not what they do.

"SO FAR"

DOUG

It's hard to make the climb alone,
To take the upward trend,
If no one understands you -
No sympathetic friend.

CANNON

The cup of fame is hollow,
Though it be burnished bright,
Unless one sees reflected -
A face within its light.

If someone loves to listen,
To weep when you weep too,
And shares your own ambition -
In harmony with you.

If someone takes an interest,
And soul goes forth with soul,
The struggle seems so different -
More worthwhile than the goal.

My heart leaps high with courage,
New plans with visions blend,
You would not dare to disappoint -
The hopes of one true friend.

AWAKENING

DONALD

Jumbled senses, chasing themselves,
Round and round inside my soul,
Trying to find their own space.
Enveloped in a silence that can be seen,
Enshrouded by a darkness that can be heard.
Then, finally,
Soothed by peace and serenity that can be
felt
Sensuously, like a lover's caress,
On the responding body of my awareness.

GEAUVREAU

INTO THE SUN

BOB

Love is your ship of fortune,
on the sea of constant bliss,
and its power is so gentle,
your softest, silent kiss.

DOWDALL

Upon its deck you journey,
with contentment as the sun,
as forever is your fate,
and happiness is your dawn.

The sea is the universe,
where love's children float along,
and the stars only speak silence,
the eternal peaceful song.

Your voice whispers the mysteries,
as you bare your raging souls,
and you see each other's eyes,
you've finally found your goal.

And in the depth of your seeing,
you find the tranquility of the ages,
then you smile at the philosophers,
who put life down on pages.

Your destination is really nowhere,
as you are forever here,
then at once you awaken,
because there's nothing to really fear.

So you sing peace be with all secrets,
as their names all mean one,
then you gently close your eyes,
as you sail into the sun...

fiction

THE LAST INDIIGNITY

by Chuck Armstrong

Exercise time again. Christ, what stupidity! He was going to be dead in ten hours and they wanted him to exercise. Well, he might just as well go out and have a last look at the sun, but with his luck it would probably be raining. First though, on with the bracelets and the leg irons. Shit, where did they expect him to go? They had two walls around the prison, one fifteen feet high with a guard carrying a sawed-off shotgun walking on it; the other pure smooth concrete, thirty feet high and twenty feet from the first. And for him - they had a special yard with a twelve foot wall with barbed wire on top and two screws watching every move he made on his half hour walk.

Hovering over the small yard like a gun emplacement on an aircraft carrier, was the gallows; mercifully covered with a canvas tarp these last three days so the pigeons couldn't shit on it. Of all metal con-

struction and painted a dark green, it was guaranteed for reliability. When the trap had been tested yesterday, it had sounded like a thunderclap in a large canyon, echoing for what seemed like hours. How many men and women had slipped to eternity through those bomb-bay doors; quickly, if their necks had snapped, slowly strangling if not, or messy, if their weight and the drop were miscalculated, and their bodies kept dropping onto the metal steps below while their heads swung grotesquely in the noose, eyes bulging, tongues sticking out, as if in the last contemptuous gesture at the world they had just left?

Earlier he had been informed that the Federal Cabinet had declined, bowing to public pressure, to commute his sentence and, after losing appeals in the Quebec Court of Appeal and the Supreme Court of Canada, his last hope was gone. Only a miracle could save

him now and miracles seemed reserved for works of fiction. Public feeling had been overwhelmingly against a commutation and political pressure from both the Quebec Government and the Opposition in the House of Commons had sealed his fate, especially at this time with a minority government and an election coming up.

"What the hell," he thought, "in a few short hours it would be over, in many ways a relief." The last three years in the courts and the four stays of execution seemed like the eternity he was approaching. Three years....and now it was down to hours. Christ, why couldn't he stop thinking about it?

He'd heard that hanged men usually shit their pants after they were dropped and wondered if it were true. The guards, gallows ghouls in this instance, would probably get a good laugh out of that and he hoped it wouldn't happen to him. What a final indignity - to be cut down and laid out in a pile of shit!

The last few days the guards had been distant and unresponsive, as if ashamed of the duty they had to perform. The chaplain came

in to see him every day, praying, but showing by the look on his face and the words he spoke that he knew he was wasting his time. He hadn't spurned the priest, but he hadn't helped him either. What did he know of religion or of God? All he remembered was, as a child, being dragged to church on a Sunday morning by a worn-out mother, to a service shrouded in mystery which he never understood nor wished to, while the old man stayed at home - unwashed, unshaven, checking the empty bottles from the night before for a mouthful of beer to cure his raging thirst. "Well God," he thought, "if there is a God, save my soul - if I have a soul."

Now his mother was dead, which was just as well, since she wouldn't have to endure this. His father was in St. Jean de Dieu Psychiatric Hospital, where he too would soon die. He had only his lovely wife Monique and his four year old son Robert, who didn't understand what was happening. Yesterday, he had seen them for the last time and it had really been hell; he had wanted to avoid an emotional scene in front of all the guards, but Monique had been sobbing the whole

time and in the end he had not been able to keep up his brave front, breaking down completely and crying like a child - like Robert, who was shaking in terror, though not knowing why.

Once the shock had worn off Monique would be okay. She was young, beautiful, intelligent and would eventually find another life. However, what of Robert? What effect would this have on him when he was old enough to understand that his father had been hanged? "No!" he thought, "I don't want to die!"

But what could he do? He was helpless, caught in an inevitable process as certain as night follows day. Pacing back and forth in his barren cell a thought suddenly stopped him. What if he jumped off the gallows platform onto the metal steps below? Surely he would break an arm or a leg and then they couldn't hang him until he had recovered, by which time he might have another chance. They'd see the cruelty of it in Ottawa and commute his sentence, or the election might be over with the government winning a majority and they wouldn't back down to public pressure. "Yes....that was it," he thought, "I'll jump from the gallows!"

Finally it was time, they were here for him. The cell door clanged open and a burly guard supported each of his arms as they started down the corridor. The chaplain walked in front, mouth working in silent, unheard prayer. It was a short walk to the end of the corridor and up the steps to the gallows, but it seemed to take hours. He found he couldn't control the trembling of his legs, or the sweat breaking out on his face, chest and underarms - despite the chilly air from the open door leading to the platform. Finally they were on the landing, the ugly rope hanging at eye level, looking like a coiled cobra about to strike.

The warden was reading the death warrant - now was his chance. "Jump you idiot," he told himself, but he was frozen to his spot with no co-ordination, or so it seemed. Suddenly though, in a burst of desperate energy, he pulled himself together and dove headfirst over the railing, hitting the steps below almost like the sound of the trap opening.

The spectators stood in stunned silence for a moment, then as one, raced down the winding staircase to the steps below. The doctor ar-

rived first and stood for a second, staring at the awkward angle of the head, the blood oozing from the mouth, nose and ears. Crouching

down he placed his stethoscope on the prisoner's chest, but there was no sound. Looking up at the warden he said, "We can sign the death certificate. The execution has been carried out."

CANTEEN BOYCOTT DEBATE cont:

All in all, nice thoughts, and it appears that the Administration here is supportive of our requests this time, however, since the debate became rather repetitive about this point and people began leaving the gym, it seems apparent that something more is needed - something like definite solutions, proposed and implemented.

With the meeting tapering out John Vollmann took the microphone (to his cell) in an attempt to summarize the debate so far and he did so. John said, "We have made our point with the boycott, but continuing it on, when it means additional deprivation for inmates will gain us nothing further. There is now a need for tactics which

will generate action."

Al Gauld agreed with this and in closing off the meeting summed up by saying it seemed everyone was agreed with calling off the boycott and sending out further letters asking for immediate action on the pay and prices problem.

Since that time Mr. Weir has made known to the Committee the fact that Regional Headquarters are now in a supportive frame of mind and have added their own submission to the ones from the Committee and Administration here and forwarded them to Ottawa for action.

Looks like things are happening, although it may be a long time coming.

CHESS CORNER

by terry dineen

Chess lore is studded with rich sacrificial play...yet in the opinion of many chess enthusiasts the following masterpiece is one of the most brilliant.

us today.

ANDERSSEN VS. KIESERITSKY

King's Bishop Gambit
London, 1851
"The Immortal Game"

I2 P-KR4 Q-N3
I3 P-R5 Q-N4
I4 Q-B3 N-N1

The Queen will need escape squares after I5 BxP

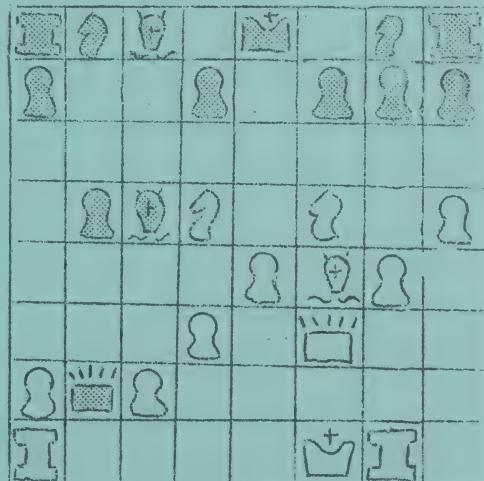
I5 BxP Q-B3
I6 N-B3 B-B4
I7 N-Q5 QxP

There is no better move. Next follows an incredible combination which, in some lorists' opinion, never has been aesthetically surpassed.

Contrary to modern principles, but Black hardly knew it. Had he known, he would have played 2 ... P-Q4.

4 BxP Q-R5ch
5 K-B1 N-KB3
6 N-KB3 Q-R3
7 P-Q3 N-R4
8 N-R4 P-QB3
9 N-B5 Q-N4
I0 P-KN4 N-B3
II R-N1! PxP

Black obligingly falls into White's trap. It is difficult to evaluate this game except in an historical sense since modern theory is relatively so far advanced that both attack and defense seem ludicrous to (35)



I3 B-Q6 BxR

If I8 ... QxRch; I9 K-K2, Q
KR; 20 NxPch, K-QI; 21 B-B7
mate.

I9 P-K5! QxRch
20 K-K2 N-QR3
21 NxPch K-QI

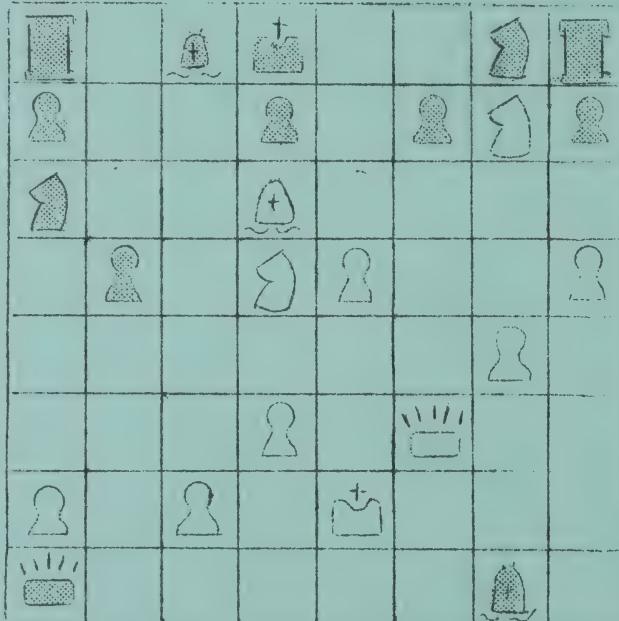
Now mate in two.

22 Q-B6ch!! NxQ

23 B-K7 mate.

More pieces have never been
successfully sacrificed in
one game. Anderssen gave up
a Bishop, both his Rooks, &
his Queen.

In return he won the game,
and the game is legend.



ually got one. The thing to remember is to keep asking and not settle for those slough answers. We have an understanding, of sorts, if we have enough nerve to ask for or about something (3) three times they will make an honest effort to satisfy our request."

Q) "Have you any comments on the cooperation from Staff members?"

A) "The way that I see it, this place is like a factory to most of the staff. They just want to get their shift in and go home. And just like factory workers they get nasty at times and indulge in employee sabotage. Only here we are the product and consequently bear the brunt of their nastiness. There is a common mistake made that we're bad people bit pieces of rendered flesh with a slot allotted for each of us. How do you bring home the fact we are just human beings like their neighbors? That does not really answer the question though, does it."

Q) "What suggestions would you pass along to future Committees?"

A) "Try to be diplomatic. Do

not let yourself be intimidated. Know your subject, whether it be somebody you are talking to or something you are talking about. Watch out for bullshit."

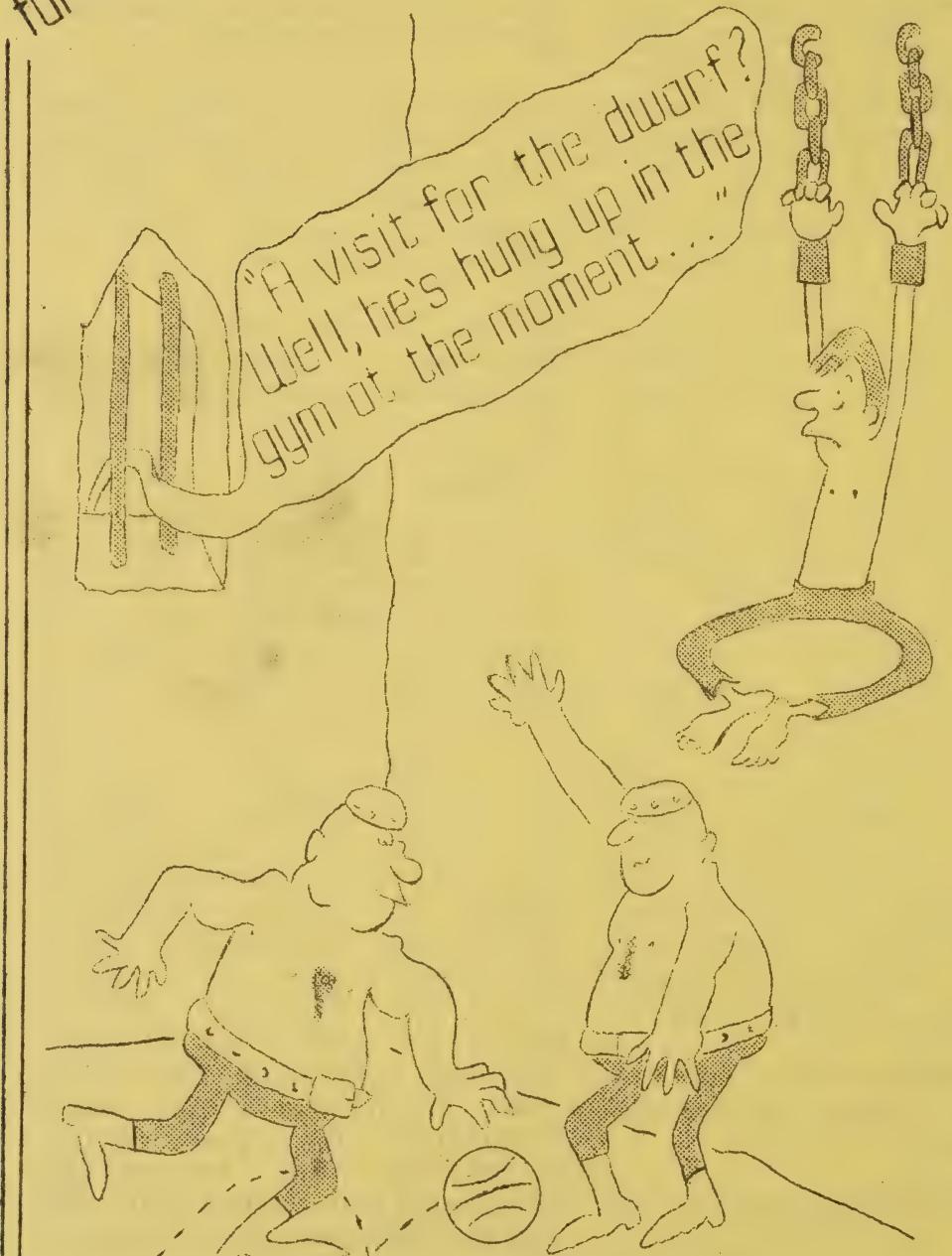
Q) "Have you, as other Committee Members have, felt there has been an element of the Staff that has attempted to harrass the Committee efforts?"

A) "The harrassment that we have had has been isolated and usually temporary. I do not think they have it together enough to conspire to harrass us."

I'd like to thank Al for his candid remarks and comments, along with his suggestions that will hopefully assist future Committees in their functions.

My serving as an Associate Editor and Committee member for the past six months, I have had the opportunity to watch the growth of this Committee and though there are those that feel there is no real need for a Committee, I have to feel that the majority of people know that we have to have some semblance of representation if we are ever to realize the required changes in the prison environment. Peace..

further Adventures of "Dwarf" Vollmann



FROM: TRANSITION SOCIETY
308 - 245 - 3rd Ave South
SASKATOON, Sask.

TO: ALL SELF-HELP GROUPS

BULLETIN BOARD

In an effort to stimulate more interest in a national organization to involve and represent self-help groups both ex-offenders and in-prison groups, which are working in the area of criminal justice, we shall shortly begin publishing a small newsletter to distribute information between groups across the country.

Our intention is not so much to aid in developing unified national policies, nor is it to provide a platform for opinion, etc; rather the intention is to enable the groups scattered across the country to find out what other groups are doing in their respective area.

Initially the newsletter will be solely supported by donations and operate with volunteer workers, and will be published on a monthly basis.

Because we have no newsgathering staff, as such, it is important that each group send in its own material to us. As with the material that goes into Transition Magazine it will be printed without editing or rewriting, except that which is normally necessitated by space limitations.

Because of our almost non-existent budget, for the time being only one copy of each newsletter can be sent out to each group. Even at that, on the basis of our files here, initial circulation will be over 200.

We would very much like to have your participation in this effort.

Hoping to hear from you soon, we remain,
Yours truly,
TRANSITION SOCIETY.

HOSPITAL - Outside Appointments

There have been a number of problems arising recently in so far as inmate appointments at downtown hospitals for the purpose of having tests done or seeing specialists for various problems.

The main problem comes when the inmate is ready to go downtown and the officer wants to put restraints on him - i.e: handcuffs, shackles - which many inmates feel are not needed when on a T.A. While all trips to downtown hospitals are made on a temporary absence status the issue of restraints remains the perogative of the escorting officer and the hospital staff here have no say in the matter.

What has been happening is that inmates will refuse to go under restraint and thus miss their appointment. Quite often the doctors involved have busy schedules and may not be able to make another appointment for a few weeks and in some cases it may be a couple of months.

The hospital staff here are quite willing to make another appointment for an inmate, however, it should be pointed out that waiting the time required for a doctor to have time to see the person isn't going to make any difference in so far as having to travel under restraints is concerned. Therefore, anyone who finds themselves in this position are urged to go for the appointment the first time if they feel they have a serious problem and wish a complete check-up.

Mrs. Cross.

As most are aware there have been recent changes effected in the visiting procedures on the weekends. Basically they concern local visitors, who are now able to visit both Saturday and Sunday mornings with the understanding that they will not come in on the afternoons.

At present this is a voluntary arrangement which people can take advantage of if they wish, however, on April 1, 1975 this will become policy in so far as local visitors are concerned. Hopefully this will relieve the congestion in the visiting room - particularly on weekend afternoons.

Apparently there has been some confusion regarding the operation of this procedure, especially when it comes to defining who is to be considered a "local" resident.

In the interests of clarification: a 'local' resident is a person who resides within a twenty-five (25) mile radius of Kingston. At any time in future when a question arises in this regard it will be up to the visitor to show identification confirming their current permanent address.

Any persons who live at a distance and wish an extended visit (i.e., beyond the $\frac{1}{2}$ day on the weekends currently permitted) must have previously made arrangements with the Visits and Correspondence Staff.

THANKS

Many Thanks for the co-operation in saving empty cigarette packages as we requested earlier last month. The project has been quite successful and your efforts were sincerely appreciated.

Helen O'Neil

From: AVATAR
Box 190,
Kingston, Ont.

Second Class Mail
Registration Number 3479

To:

Library Centre of Criminology
8th Floor Robarts Research Library
University of Toronto,
130 St. George St.

Postage paid in Kingston Toronto, M5S 1A5

